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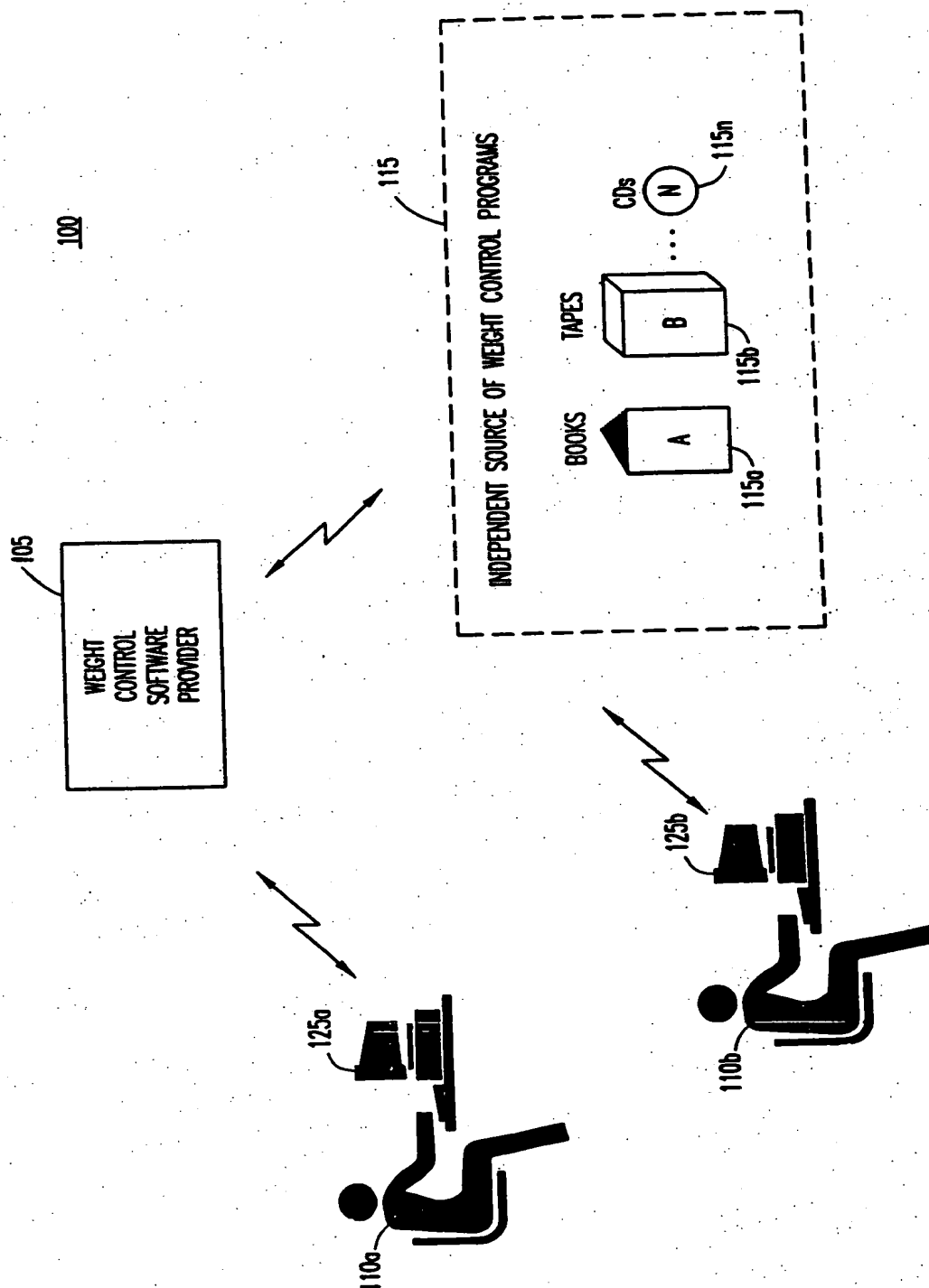


FIG. 1

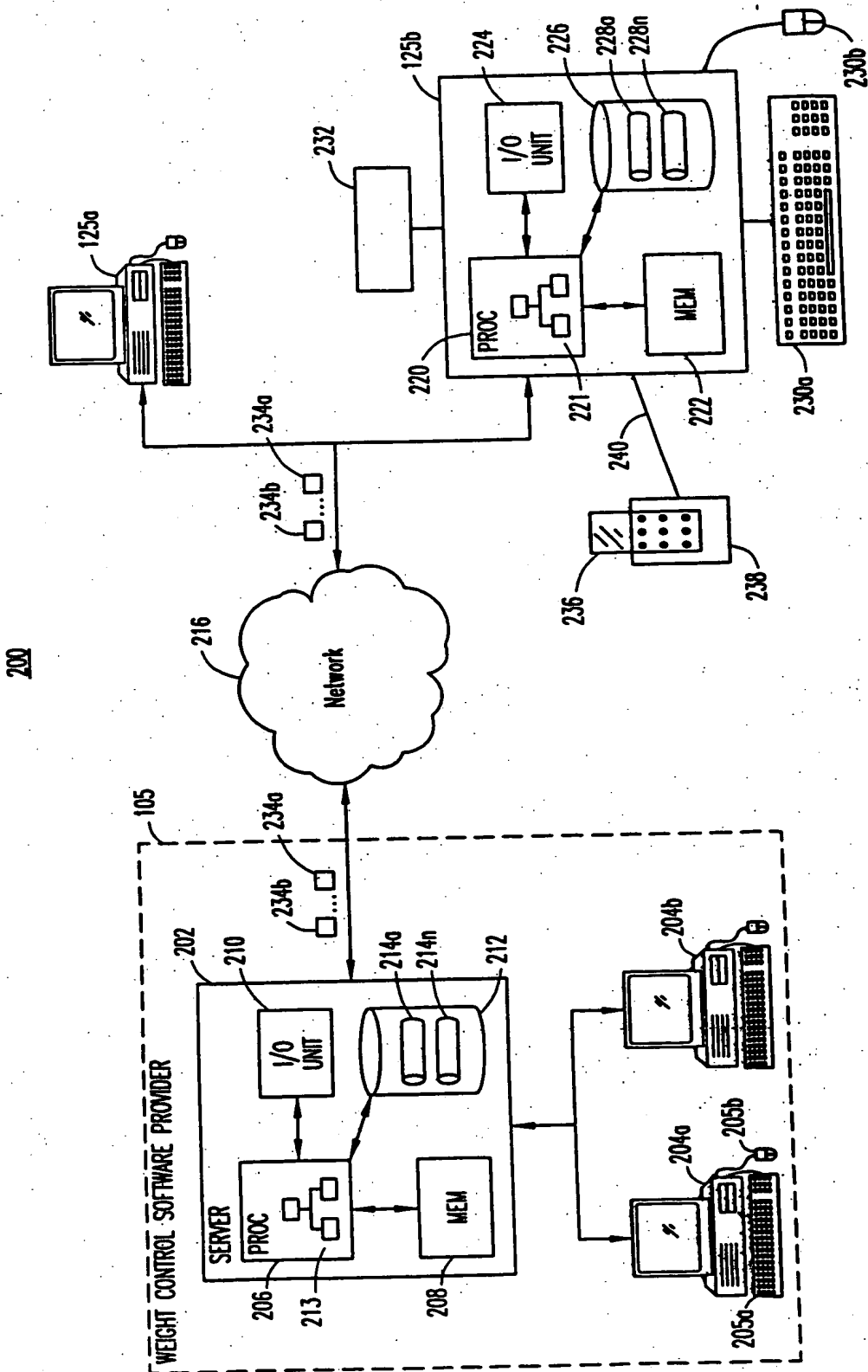


FIG. 2

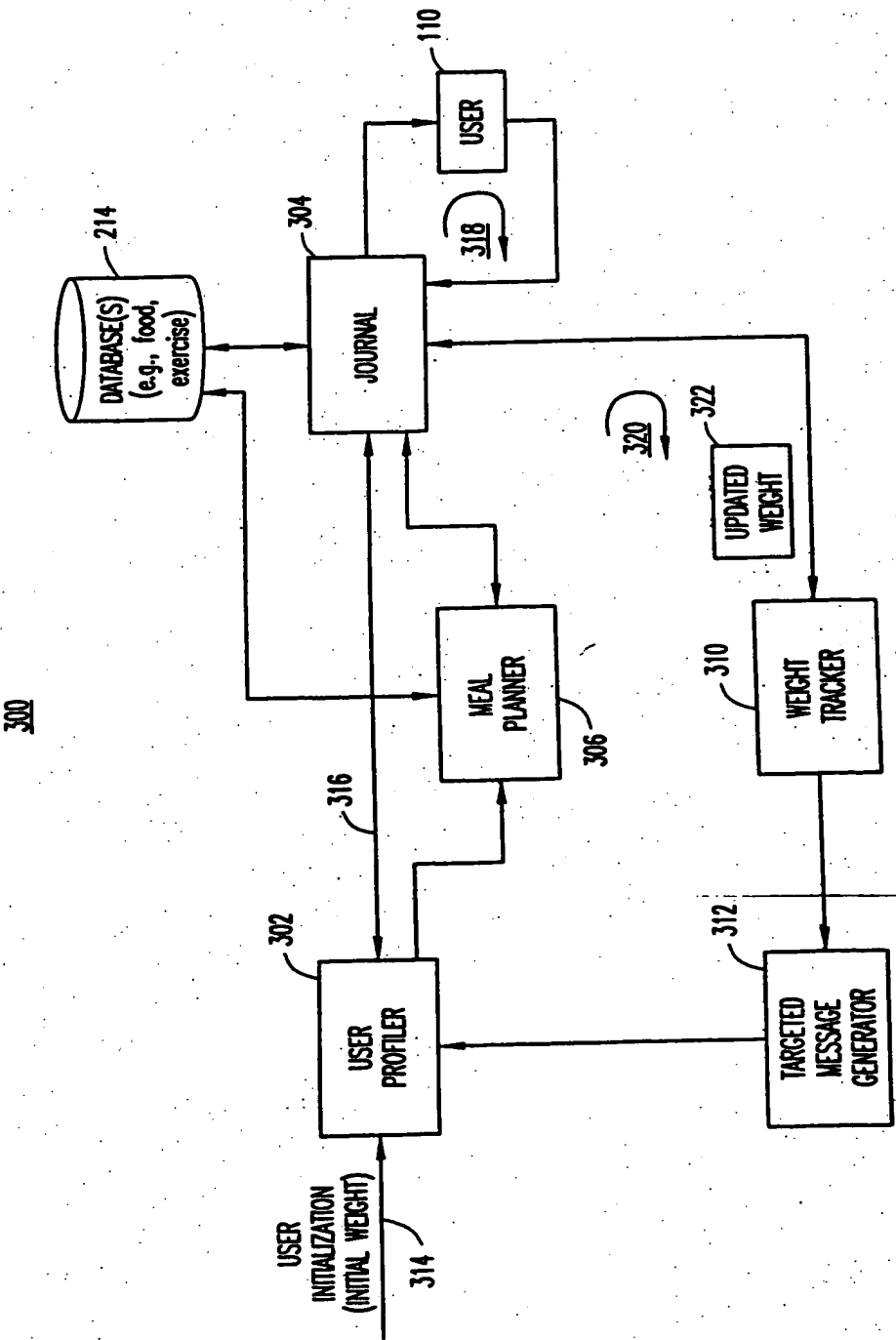


FIG. 3

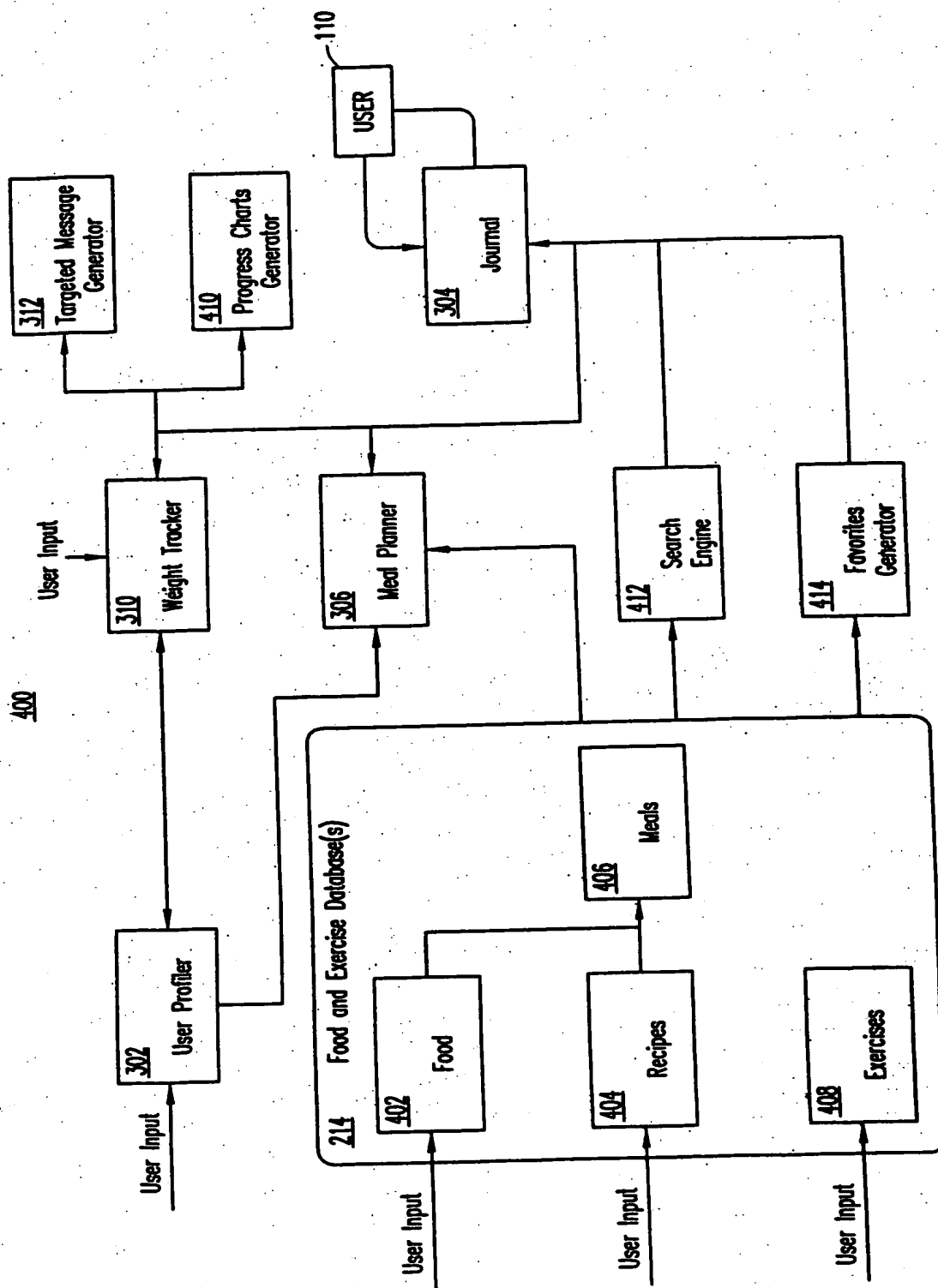


FIG. 4



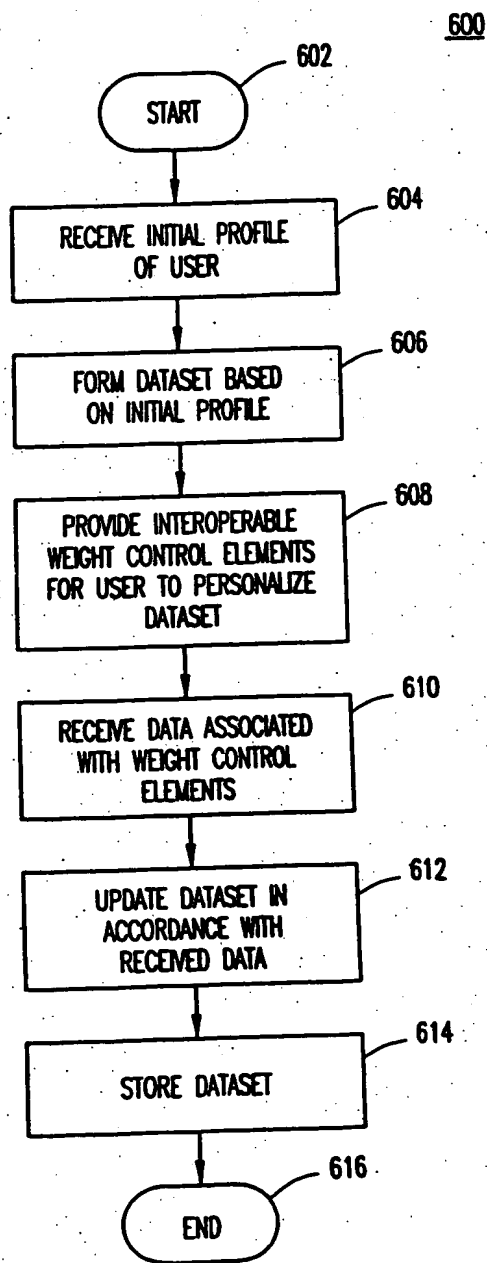


FIG. 6

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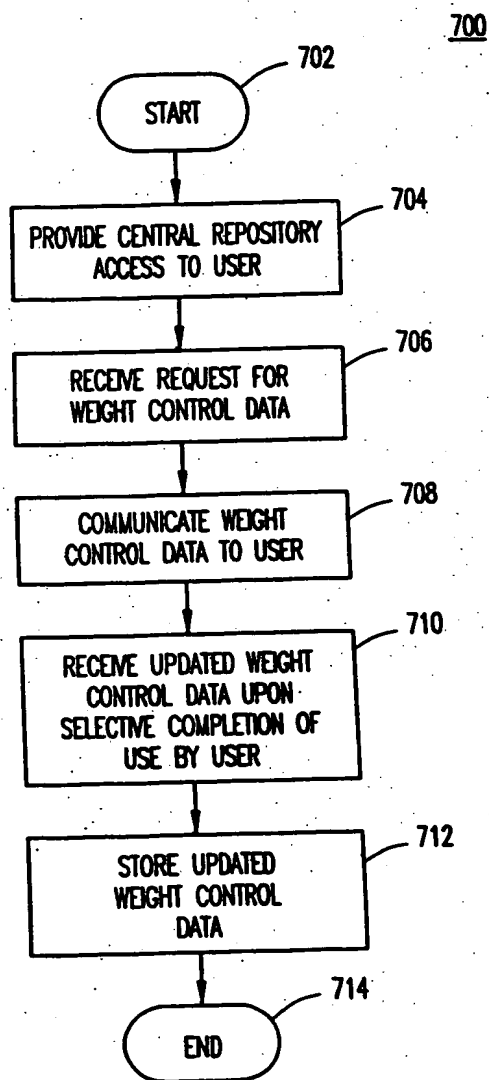


FIG. 7

8/28

800 802 → [find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) [LOGIN](#)

806 → [home](#) | [the plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#) 804 → [panic](#)

[Journal](#) | [Weight Tracker](#) | [Progress Charts](#) | [My Favorites](#) | [POINTS[®] Calculators](#) | [Assessment](#) | [Tools for Living](#) → 808

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information 810

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

Make changes to Weight Information

Personal Information 812	Other Characteristics 814
First name: John Last name: Smith Address: 1 MAIN ST. City: Anytown State: NY Zip code home: 12345 Zip code work: 12346 Country: United States Phone: (212) 555-1234 E-mail: jsmith@workplace.com	Altitude: Generally Happy Athletic: Yes Eye color: Blue Hair color: Brown
Receive information: No E-mail Weight Loss Progress: No E-mail Format: text Profession: Professional (e.g., doctor, lawyer) Marital status: Single Number of children: 0 Lifetime Member: 98765 Meeting Member number: 98765	Other Demographics 814
	Race: Caucasian Religion: Catholic Ethnicity: Irish Blood type: A+
	Heath Restrictions 816
	None
	Desired Meal Plan Type 818
	Regular

Make changes to Personal Information

Payment Information 822

Credit Card: Visa
Credit card number: *****1111
Expiration date: 2/2002
Name as it appears on the card: John Q Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for 824

Monthly Fee: \$8.00 x 6=: \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

FIG. 8

9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Navigation Bar (806):** Contains links for "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop". A "panic" button is also present.
- Secondary Navigation Bar (808a):** Contains links for "Journal", "Weight Tracker", "Progress Charts", "My Favorites", "POINTS[®] Calculators", "Assessment", "Tools for Living", and "Intro to eTools".
- Journal Header (914):** Displays "my journal" for "Friday, Jan 25, 2002". It includes a "Target: 27" and a "Range: 22-27". A "Bank: 3" indicator is shown, along with buttons for "print day", "print blank journal", and "user guide".
- Main Content Area:**
 - Left Panel (904a):** Contains tabs for "Add Food", "Add Exercise", "Notes", and "Calendar". Below these are instructions for adding food, including a "Step 1: Select a meal time" section with radio buttons for "Morning", "Midday", "Evening", and "Snack". "Step 2: To add food, you can either:" includes options to "Search our food database" (with "least" and "FIND" buttons), "Select a favorite" (with "Select from My Favorites" and "ADD" buttons), or "Express it! Enter your food and its POINTS value:" (with "Food:" and "POINTS:" input fields and an "ADD" button).
 - Right Panel (916):** Displays a list of food items with their corresponding POINTS values. The list is organized by meal time: "Morning" (912) and "Midday".

Item	POINTS
1 medium pear(s)	1
1 cup light artificially sweetened yogurt	2
1/2 cup General Mills Whole Grain Total	1
6 average almonds	1
Subtotal	5
Midday	
6 oz baked potato	3
1 oz low-fat cheddar or colby cheese	1
1/2 cup cooked broccoli	0
2 cup mixed greens	0
1 tsp olive oil	1
1tbsp vinegar	0
1 medium orange(s)	1
Subtotal	6

FIG. 9

10/28

1000

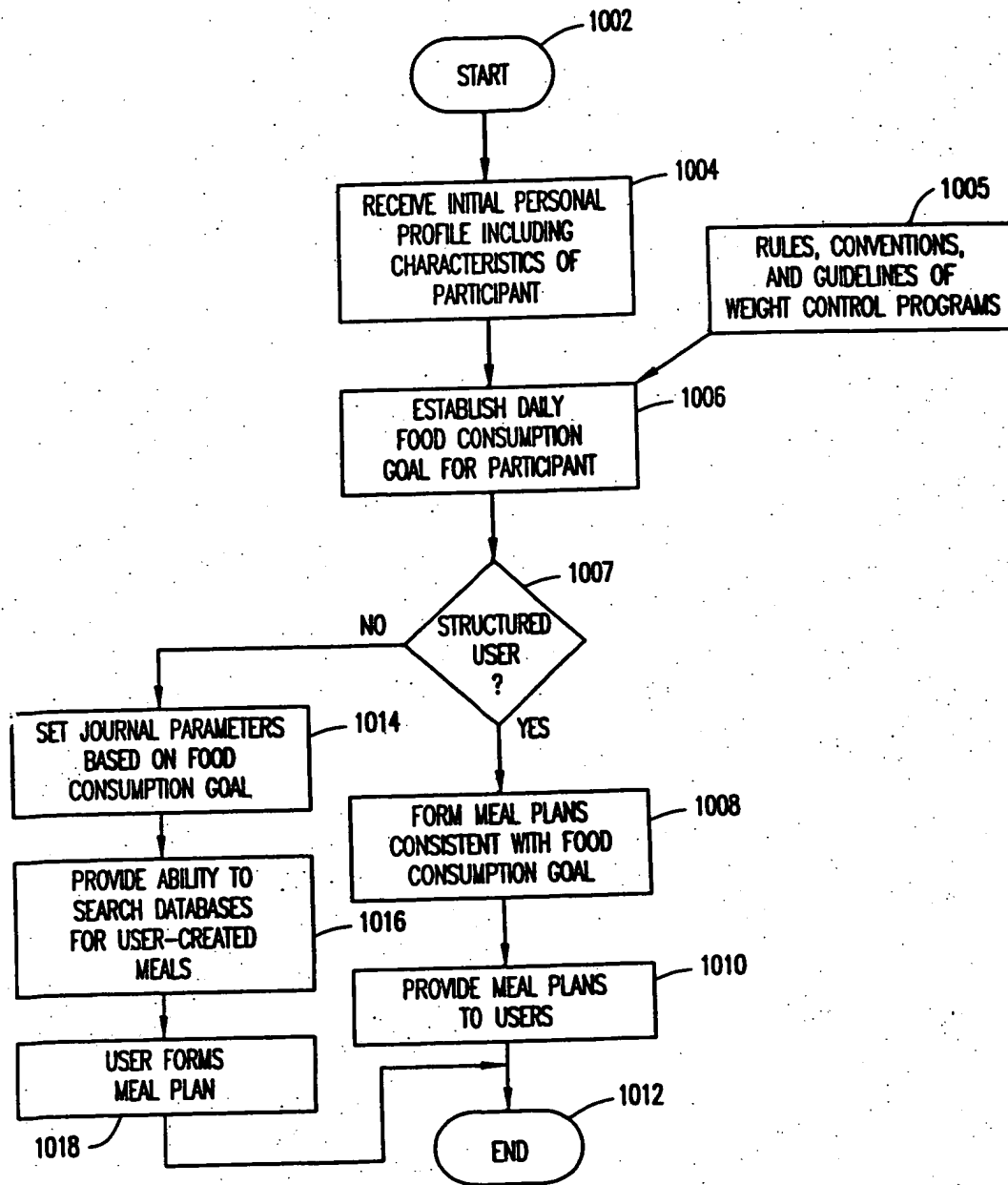


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meal](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

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my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

904b 906

Add Food **Add Exercise** **Notes** **Calendar**

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities:
- 1104 1106
- Select a favorite: [Edit Exercise](#)
- Select from My Favorites
- Express It! Enter your food and its POINTS value:
- Food: POINTS:
- [POINTS Calculator](#)

Need Help? Go to the [Journal User Guide](#) Find tips from others on the [eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
Snack	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
Exercise	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

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my journal ◀ Friday, Jan 25, 2002 ▶ Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#)

914

906

Add Food **Add Exercise** **Notes** **Calendar**

Step 1: Select a meal time:
☐ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:
☐ Search our food database
☐ Select a favorite: Full Favorites

☐ Express It! Enter your food and its POINTS value:
Food: POINTS:
☐ POINTS Calculator

[Need Help? Go to the Journal User Guide.](#) [Find tips from others on the eTools Tip Exchange](#)

☐ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)
☐ View your meal plans

DELETE CHECKED ITEMS **SAVE & BANK**

☐ Check All **Total Food POINTS used** 24

Morning
☐ 3 slice(s) crisp cooked bacon 4
☐ 2 large fried egg(s) 5
MAKE THIS MEAL A FAVORITE **Subtotal** 9

Midday
☐ 1 small serving(s) cooked lean beef steak 7
☐ 1 cup(s) fruit salad 2
MAKE THIS MEAL A FAVORITE **Subtotal** 9

Evening
Subtotal 0

Snack
Subtotal 0

1102 **Total Food POINTS used** 18
Total Food POINTS left for today 9

Exercise
☐ 60 min jogging 7
Total Activity POINTS earned 7

Check off daily on these important items

Water 1204 ☐ Multivitamin Supplement
☐ Fruits & Vegetables 1206 ☐ Milk & Milk Products
☐ ☐

DELETE CHECKED ITEMS **SAVE & BANK**

Internet

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

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my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

904d 906

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1302

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DELETE CHECKED ITEMS

Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

Subtotal 9

WAKE THIS MEAL A FAVORITE

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

Subtotal 9

WAKE THIS MEAL A FAVORITE

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

14/28

1400

806e

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panic

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my shortcuts
to weight loss tools.

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MEAL PLANS
POINTS[®] CALCULATORS
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meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

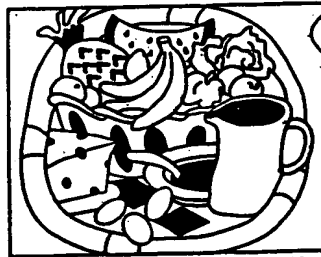
[see Daily View](#)

[print](#)

[refresh](#)

Jan 23 - Jan 29

[add plan to my journal](#)



	POINTS
<input checked="" type="checkbox"/> THURSDAY	23
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Almond Apricot Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Turkey Roll	5
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Throughout the Day	5
<input checked="" type="checkbox"/> SATURDAY	24
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> From the Coffee Shop	5
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Grilled Swordfish	6
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Indian Take-Out	8
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> On the Go	5

	POINTS
<input checked="" type="checkbox"/> MONDAY	23
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Super Salad	6
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Quick Bites Before	7
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Crunchy Snacks	5

	POINTS
<input checked="" type="checkbox"/> WEDNESDAY	23
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Cheese Omelet	6
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Veggie Chili	5
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Apricot Turkey Br...	7
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Snacks and Treats	5

	POINTS
<input checked="" type="checkbox"/> FRIDAY	24
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Cheese & Broc...	6
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Spicy Pork Saus...	8
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Savory Snacks	5

	POINTS
<input checked="" type="checkbox"/> SUNDAY	24
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Raisin Nut Flakes	6
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Turkey Sandwich w...	5
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Baked Beef Fajita	8
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Sweets and Treats	5

	POINTS
<input checked="" type="checkbox"/> TUESDAY	24
<input checked="" type="checkbox"/> MORNING:	
<input checked="" type="checkbox"/> Apple-Almond Top...	6
<input checked="" type="checkbox"/> MIDDAY:	
<input checked="" type="checkbox"/> Bacon & Grill...	5
<input checked="" type="checkbox"/> EVENING:	
<input checked="" type="checkbox"/> Turkey-Squash St...	8
<input checked="" type="checkbox"/> SNACK:	
<input checked="" type="checkbox"/> Sweet and Salty S...	5

[add plan to my journal](#)

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FIG. 14

15/28

1500g

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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☐ 3 medium egg white(s) 1
- ☐ 1 tsp basil 0
- ☐ 1 oz low-fat cheddar or colby cheese 1
- ☐ 1 slice high-fiber bread 1
- ☐ 1 cup canned fruit cocktail, packed in water 1
- ☐ 1 cup low-fat milk 2

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☐ 1 cup Health Valley Mild Vegetarian Chili 2
- ☐ 1 cup fresh vegetable sticks 0
- ☐ 1 Tbsp reduced-calorie salad dressing 1
- ☐ 1 cup grapes 1
- ☐ 1 slice toasted wheat bread 1
- ☐ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☐ 4 oz boneless, skinless turkey breast(s) 3
- ☐ 1 Tbsp apricot jam 1
- ☐ 1 tsp ground ginger 0
- ☐ 3/4 medium acorn squash 2
- ☐ 1/8 tsp ground cinnamon 0
- ☐ 1 Tbsp light butter 1
- ☐ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☐ 1 cup 0-POINT soup 0
- ☐ 1 cup fresh vegetable sticks 0

need help?

Learn more and answer questions in our meal plan user guide.

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[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range 22-27](#)

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FIG. 15A

1500b

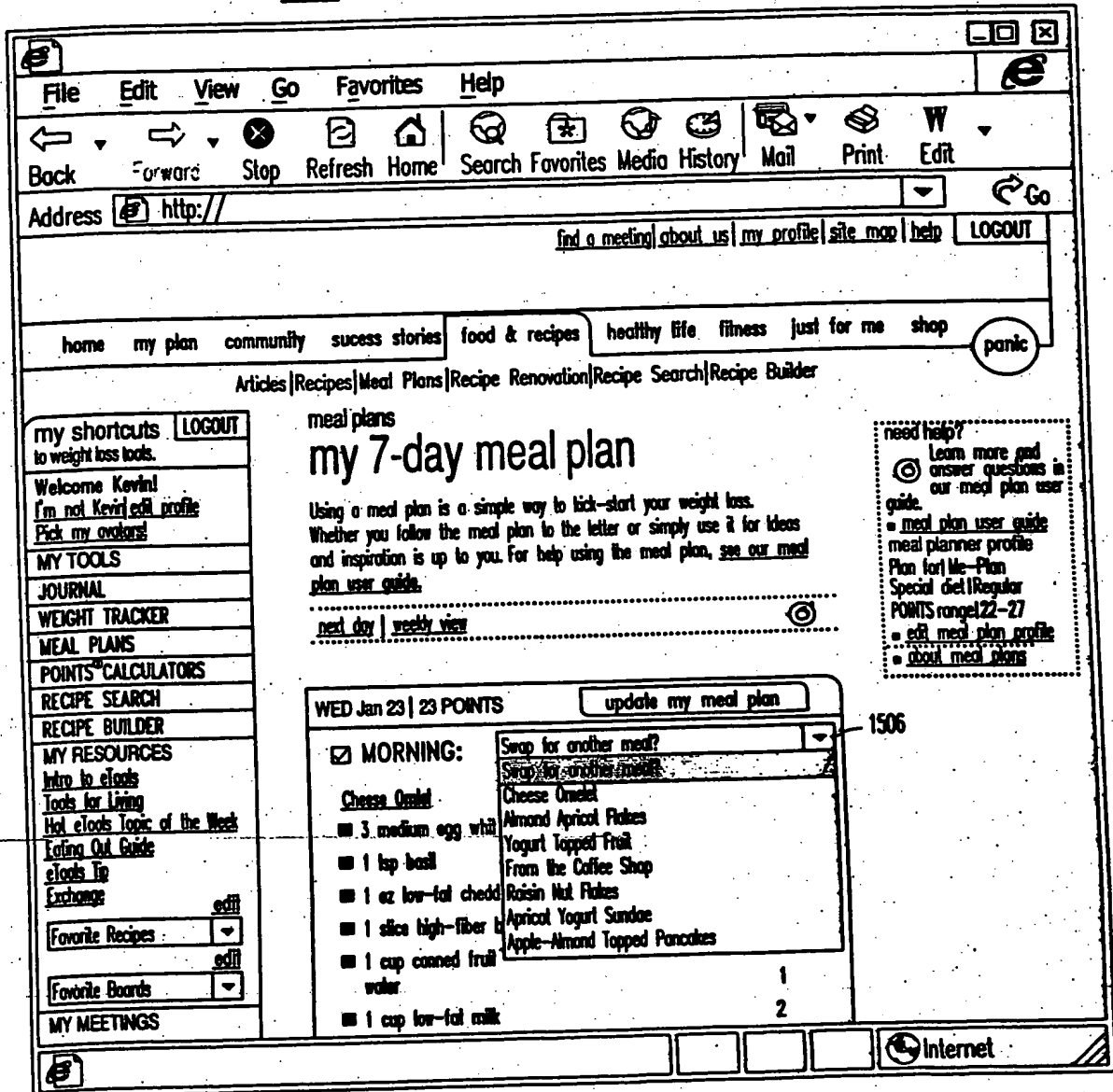


FIG. 15B

900e

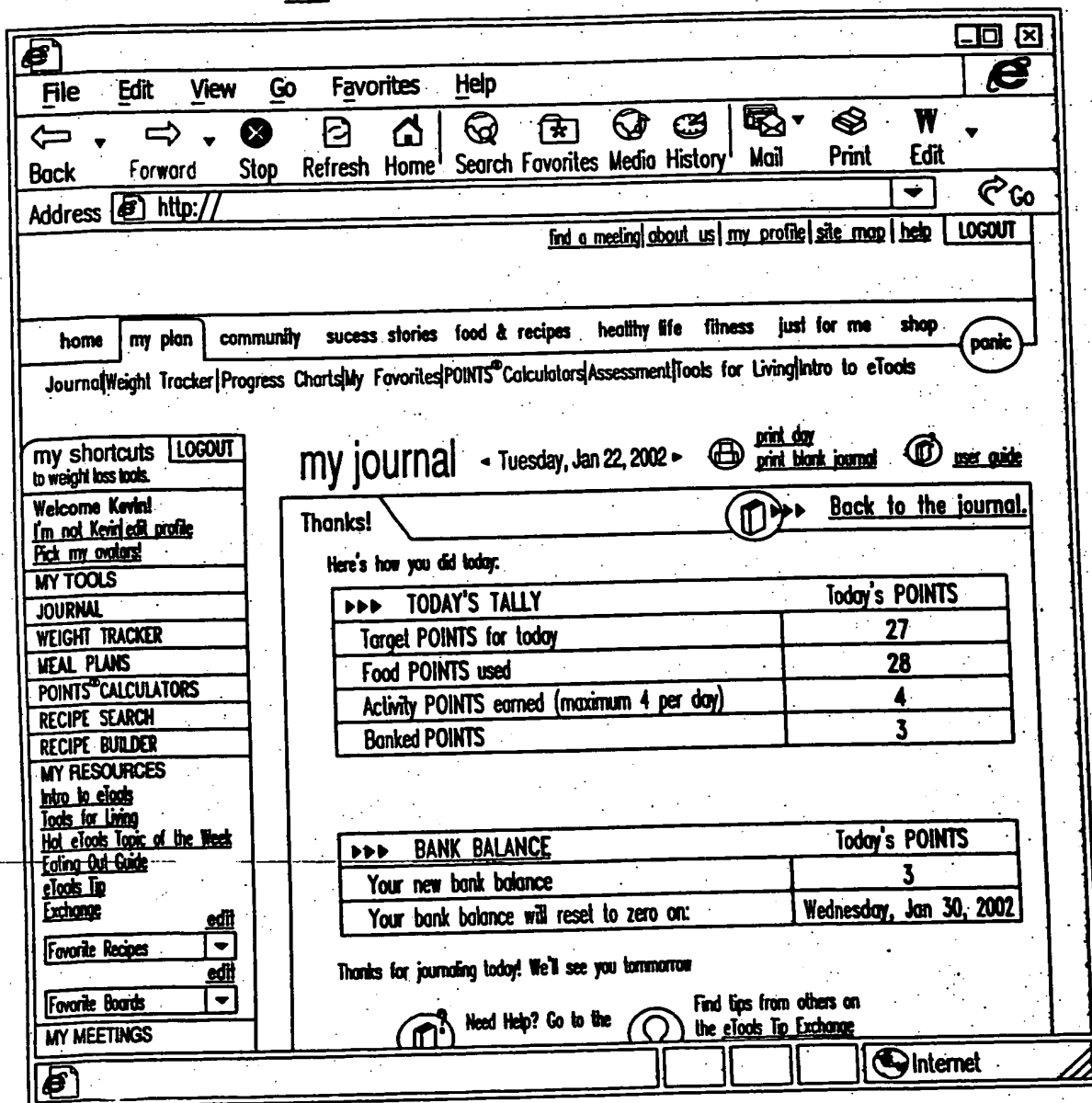


FIG. 16A

900f

The screenshot shows a web browser window with the following elements:

- Browser Menu:** File, Edit, View, Go, Favorites, Help.
- Navigation Bar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit.
- Address Bar:** http://
- Page Header:** find a meeting | about us | my profile | site map | help | LOGOUT
- Navigation Links:** home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop | panic
- Breadcrumbs:** Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools
- Journal Title:** my journal
- Date and Stats:** Tuesday, Jan 22, 2002 | Target: 27 | Range: 22-27 | Bank: 0
- Actions:** print day, print blank journal, user guide
- Message:** Your journal has been saved!
- Summary Text:** Below is a summary of your POINTS. Simply select the number of POINTS you wish to bank for the day and click "Yes"
- Table: Today's POINTS**

Target POINTS for today	27
Food POINTS used	28
Activity POINTS earned (maximum 4 per day)	4
Banked POINTS	3
- Help Links:** Need Help? Go to the Journal User Guide, Find tips from others on the eTools Tip Exchange
- Prompt:** Are you done for the day and ready to BANK your POINTS?
- Buttons:** no, yes
- Footer:** Internet

FIG. 16B

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recipes

results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

Browse Search Keywords: chicken
 [FIND](#) POINTS range: 5 to 7 [FIND](#)

Looking for mor options? [Refine your search.](#)

1702

Recipe, POINTS per serving

[Apple Braised Chicken](#), 5
[Baked Chicken with Sun dried Tomato Sauce](#), 5
[Barbecue Chicken and Black Bean Pizza](#), 7
[Bosque Chicken](#), 7
[Chicken and Dumplings](#), 5
[Chicken and Sausage Gumbo](#), 6
[Chicken Burritos](#), 5
[Chicken Enchiladas](#), 7
[Chicken Fajitas](#), 6
[Chicken Fingers with Barbecue Sauce](#), 5
[Chicken in Apricot Sauce](#), 5
[Chicken Jambalaya](#), 6
[Chicken Mole Wraps](#), 7
[Chicken Poella](#), 7
[Chicken Parmigiana Sandwich](#), 6
[Chicken Poppers](#), 6
[Chicken Pot Pie](#), 6
[Chicken Salad in Whole-Wheat Bread Bowl](#), 5
[Chicken Sauté with Pine Nuts](#), 6
[Chicken Stewed with Artichokes and Tomatoes](#), 5

Course	Time
Main Meals	55 min
Main Meals	30 min
Main Meals	30 min
Main Meals	45 min
Main Meals	40 min
Main Meals, Soups	33 min
Main Meals	37 min
Main Meals	60 min
Main Meals	25 min
Main Meals	22 min
Main Meals	45 min
Main Meals	50 min
Main Meals	31 min
Main Meals	330 min
Sandwiches	35 min
Main Meals, Side Dishes	20 min
Main Meals	65 min
Main Meals	20 min
Main Meals	25 min
Main Meals	50 min

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Browse Search Keywords: chicken
 [FIND](#) POINTS range: 5 to 7 [FIND](#)

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FIG. 17

20/28

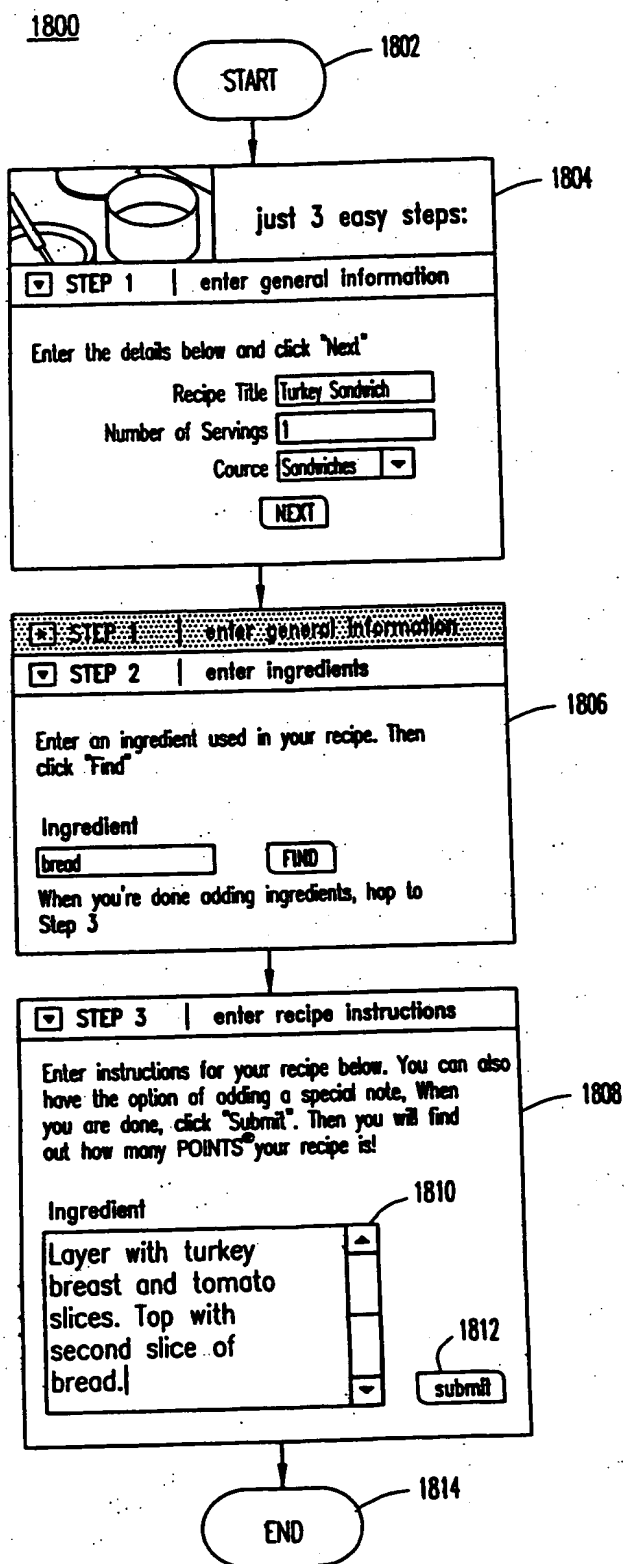


FIG. 18

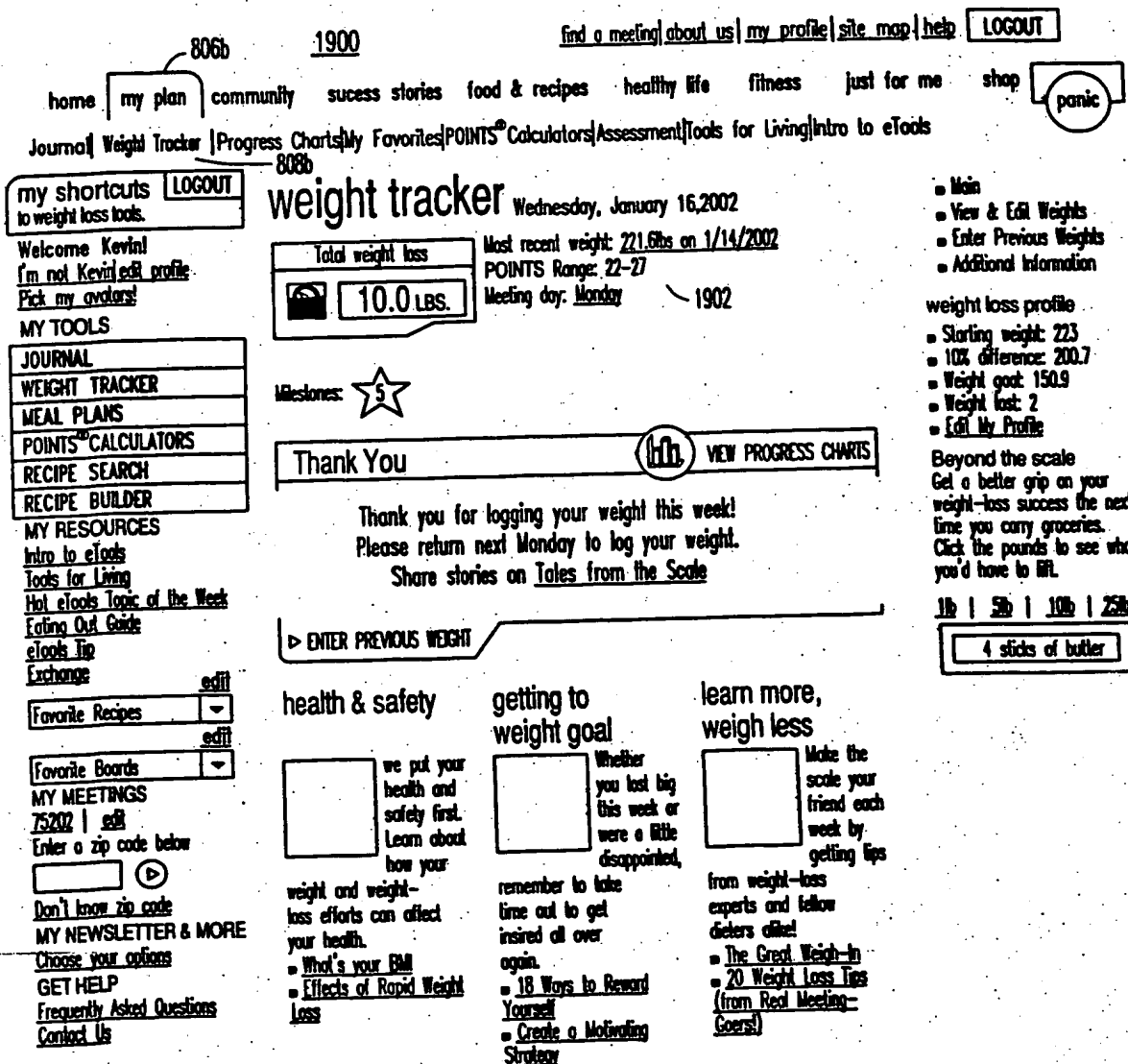


FIG. 19

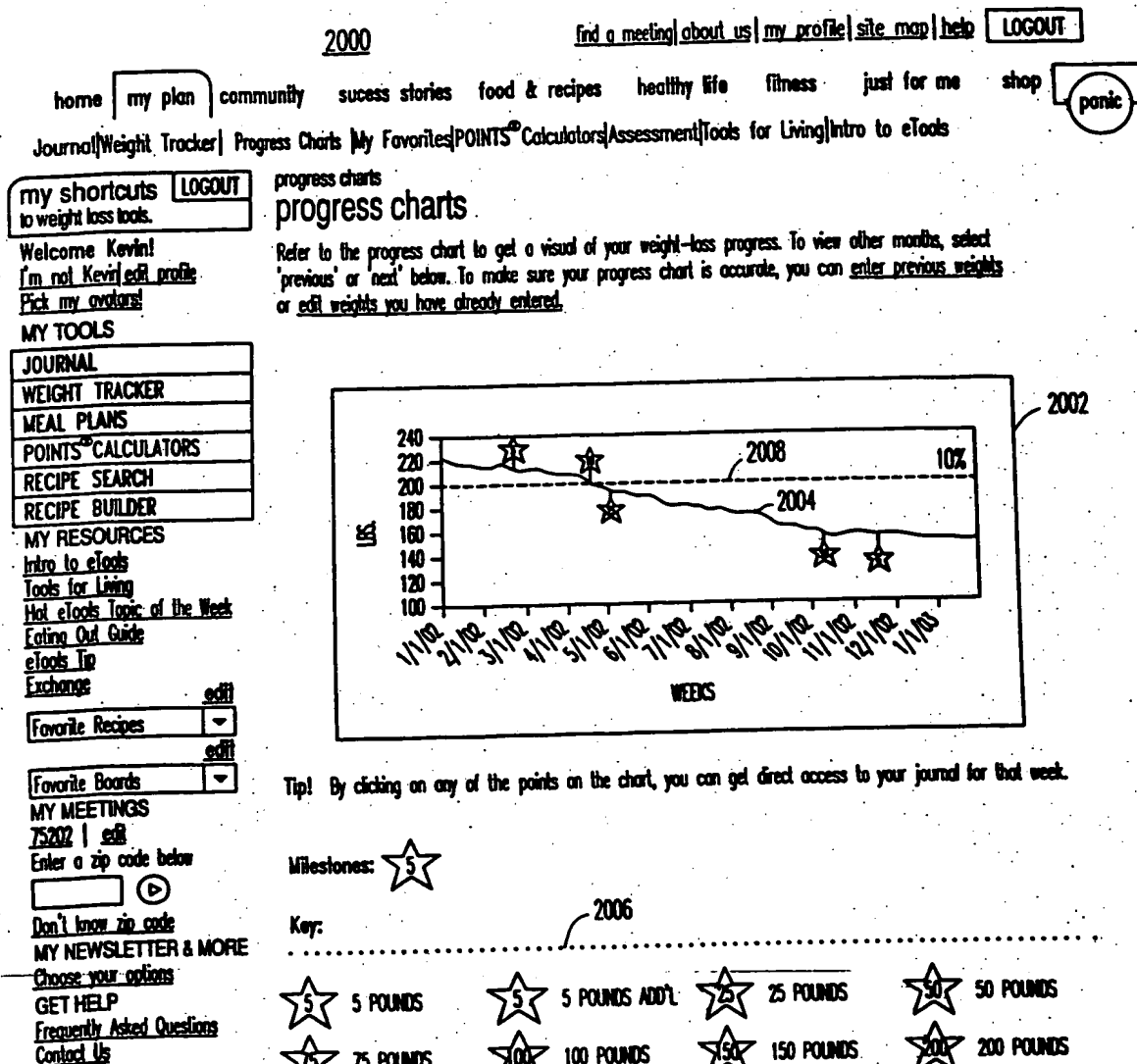


FIG. 20

2100

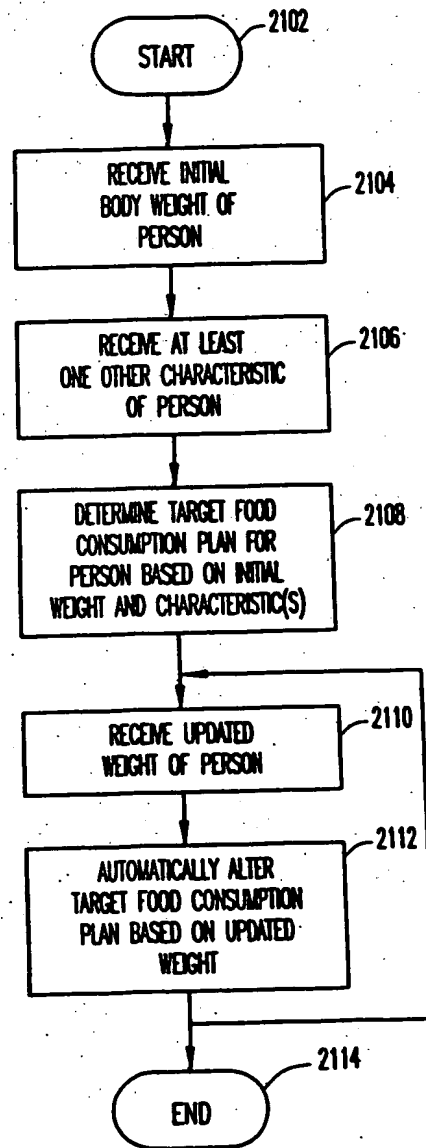


FIG. 21

2200

find a meeting | about us | my profile | site map | help

LOGOUT

home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop

826

panic

your best resource

Thousands of people just like you use our chat and message boards for inspiration and encouragement. See how they tackled the problems you face.

- chat with others now
- go to newbie board

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- find a meeting

get help

Panicking cause you're having problems using some of the tools on our site?

- frequently asked questions

my shortcuts

LOGOUT

to weight loss tools.

Welcome Kevin!

I'm not Kevin | [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

[edit](#)

Favorite Recipes

[edit](#)

Favorite Boards

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

don't *panic!*

...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

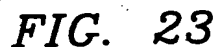
First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

2202

FIG. 22



2400a

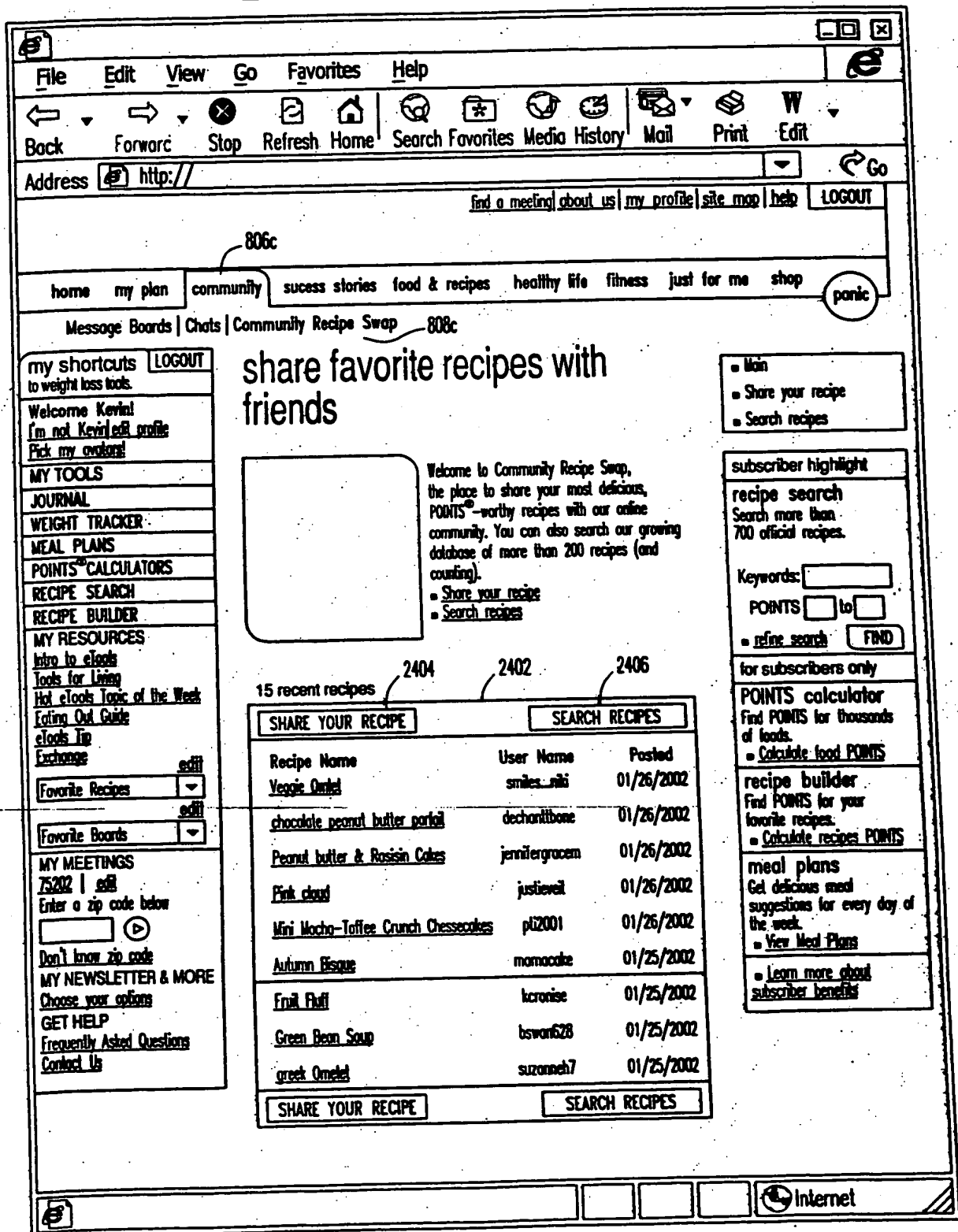


FIG. 24A

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows "http://".
- Navigation Links:** A row of links: "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", "shop", and a "panic" button.
- Left Sidebar:** Contains a "my shortcuts" section with links like "Welcome Kevin!", "I'm not Kevin! edit profile", and "Pick my avatars!". Below this are sections for "MY TOOLS" (JOURNAL, WEIGHT TRACKER, MEAL PLANS, POINTS CALCULATORS, RECIPE SEARCH, RECIPE BUILDER) and "MY RESOURCES" (Intro to eLogs, Tools for Living, Hot eLogs Topic of the Week, Eating Out Guide, eLogs Tip, Exchange, Favorite Recipes, Favorite Boards).
- Main Content Area:**
 - Header:** "community recipe swap" (labeled 806c) and "share your recipe" (labeled 808c).
 - Text:** "Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click 'Submit.' Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS®."
 - Important Note:** "IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines."
 - Form Fields:**
 - Recipe Title:** Input field (labeled 2408).
 - From the Kitchen at:** Input field (labeled 2410).
 - Meal Course:** Dropdown menu (labeled 2412).
 - Number of Servings:** Input field (labeled 2414).
 - Estimated POINTS per serving:** Input field (labeled 2416).
 - Ingredients:** Text area with a vertical scrollbar (labeled 2418).
 - Instructions:** Text area with a vertical scrollbar (labeled 2420).
 - Special Notes:** Text area with a vertical scrollbar (labeled 2422).
 - Buttons:** "RESET" and "SUBMIT" buttons at the bottom right (labeled 2424).
- Bottom Bar:** Includes a status bar with an "Internet" icon.

FIG. 24B

2400c

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the address bar, there are links for 'find a meeting', 'about us', 'my profile', 'site map', 'help', and a 'LOGOUT' button. A navigation bar contains links for 'home', 'my plan', 'community' (labeled 806c), 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. Below this, there are links for 'Message Boards', 'Chats', and 'Community Recipe Swap' (labeled 808c). The main content area is titled 'share your recipe' and includes a section for 'Browse or search more than 2000 user-recommended recipes below.' with a 'browse recipes' dropdown menu (labeled 2426) and a 'FIND' button. A search section (labeled 2428a) allows searching by 'recipe name' or 'user name' (labeled 2428b) with an 'Enter Name' field and a 'FIND' button. A 'refine search' section (labeled 2430) prompts users to search for combinations of categories. An 'Estimated POINTS' section (labeled 2432) includes a 'Range' field and a 'Meal Course' section (labeled 2434) with checkboxes for Beverages, Breakfast, Cakes, Desserts, Light Meals, Main Meals, Sandwiches, Sauces, Side Dishes, Snacks, and Soups. A 'Posting Date' section (labeled 2436) includes a dropdown menu (labeled 2438) and a 'FIND' button. The left sidebar contains a 'my shortcuts' section with links to 'weight loss tools', 'Welcome Kevin!', 'I'm not Kevin', 'edit profile', 'Pick my avatars!', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'Intro to eToots', 'Tools for Living', 'Hot eToots Topic of the Week', 'Eating Out Guide', 'eToots Tip', 'Exchange', 'Favorite Recipes', 'Favorite Boards', 'MY MEETINGS', '7/5/2002', 'Enter a zip code below', 'Don't know zip code', 'MY NEWSLETTER & MORE', 'Choose your options', 'GET HELP', 'Frequently Asked Questions', and 'Contact Us'. The right sidebar contains a 'subscriber highlight' section with links to 'recipe search', 'Go to Recipe Search', 'Learn more about subscriber benefits', 'for subscribers only', 'POINTS calculator', 'Find POINTS for thousands of foods', 'Calculate food POINTS', 'recipe builder', 'Find POINTS for your favorite recipes', 'Calculate recipes POINTS', 'meal plans', 'Get delicious meal suggestions for every day of the week', 'View Meal Plans', and 'Learn more about subscriber benefits'. The bottom of the browser window shows a status bar with an 'Internet' icon.

FIG. 24C